

Warren SENTINEL

Volume 63, Issue 7

F. E. Warren Air Force Base, Wyoming

Feb. 20, 2004

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Courtesy photo

Home Plate

After winning the Fort D.A. Russell Baseball League Championship in 1912, these Buffalo Soldiers have their photo taken. Buffalo Soldiers got their name from their legendary Indian foes in the 19th century. The Air Force officially desegregated in 1948 when President Harry S Truman directed an end to racial discrimination in the armed forces. Warren's next Black History Month events are a Gospel Extravaganza at the High Plains Chapel Sunday at 3 p.m. and a Jazz Night Feb. 28 at 7 p.m. at the Trail's End Club. For more information on Black History Month events, contact 1st Lt. Frank Brooks at 773-4952.

Prepare and Execute - It's Pretty Simple

Maj. Will Lorey
90th Contracting Squadron commander

Have you ever run a marathon? For most of you reading this, the answer is probably, "No." That's OK, it's not a particularly pleasant thing - and in a town like Cheyenne, driving 26 miles is a long way. Myself, I've run one marathon and probably won't do another one, but at least I can say I've run one. Before I ran a marathon it was something I thought I would never be able to do. Having never run much over a 10K, it just seemed unobtainable. But one day I just decided I was going to do it. It took me three years to get it right.

I learned two important things during my training. First, you have to be committed toward your goal or you're not going to get it done. It takes long hours of persistent training and it's hard work. You have to be prepared for some setbacks too. Sometimes, no matter how well you stretch or careful you are, you get injured. I found I couldn't just ignore the injury and press ahead. I needed to stop, adjust my training to compensate for the injury, and then work slowly toward getting back on schedule. When I ignored the injury and just pressed ahead without thinking, all I did was injure myself more - failure year number one.

Second, you can't "wing it." Well, you can, but it's likely you're going to be disappointed

by the results. In my second year's attempt I was more careful about the injuries, but I didn't have a very good schedule laid out for training. A fellow runner told me I should read up on marathon running and use a training schedule. I ignored him. I knew I was supposed to vary my running distances and speeds, so I did that. I also knew it was important to rest some days, so I did that too. Unfortunately, I didn't do either with any sense of regularity and low and behold, I realized three weeks prior to the race there was no way I was going to finish - failure year number two.

As the saying goes, "Failure to prepare is preparing to fail." I had no one to blame but myself for the first two years - I didn't adjust when my health changed and I tried to "wing it" based on what I thought I should be doing. Well, shame on me for not preparing to succeed. Finally, I read up on marathon running, I got help from other marathon runners, and I stuck to the training schedule. I finished a marathon on my third try. Go figure.

So what's my point? Well hopefully it's obvious. I'm guessing each one of you reading this article can think of a recent failure - either personal or something you've heard about - where the above scenario has played out. Whether it's a coworker who had an alcohol

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Hoops' Shots

On my way into work I saw an incredible sunrise - maybe you saw it to. One of the joys of living here is seeing the best sunrises and sunsets. Another joy is serving with the best community partners in the Air Force. Last week, for example, **Irene Jonhnigan** and her **Cowboy Chapter of the Air Force Association number 357** hosted a luncheon featuring Gen. Ed Eberhart, Northern Command's commander. More than 250 of our airmen attended free of charge to hear this terrific leader and learn about the latest in homeland defense. This was made possible by generous businesses who love our troops and sponsored tables. My thanks for a great afternoon and your continued support of our people.

To my left at this luncheon was our fine mayor **Jack Spiker**. Desserts at our table were alternated with lemon meringue in front of me, chocolate cream in front of him. Both of us wanted the other option and made the switch - another example of military-community cooperation at its highest level!

I continue to get reports of wing warriors doing

incredible work while deployed. I just got done reading one of the best after action/lessons learned reports I've seen written by **Staff Sgt. Catherine Green** of our Mighty Comptroller Squadron where she outlined her many critical duties at Camp Victory in Baghdad. Well done and welcome back - you did us proud!

I'm also proud of the example set by two fine members of the Mighty Ninety demonstrating Service Before Self and Excellence In All We Do. **Staff Sgt. Misty Pacheco**, 321 Missile Squadron, is a chef who goes out of her way to support her customers. In particular, our in-field cops cited her professionalism and compassion where she often stays up at night just to make a fresh meal for folks who've been on the road all day. Take it from an old crew bear myself, the missile field chef is the #1 morale booster on site. Kudos to you!

Senior Airman Eric Vincent of the 90th Missile Security Forces Squadron achieved something I've never heard of before - a triple-triple - 100% on his practical, written AND verbal exams for

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Warren SENTINEL

Published by:
Wyoming Newspapers, Inc.
202 E. 18th St., Cheyenne,
WY, 82005
(307) 632-5666
Sentinel@warren.af.mil

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DEADLINES:
Articles are due to Public Affairs, Building 250, room 201, by 4:30 p.m. Thursday the week before publication. Classified ads are due by 11 a.m. Tuesday the week of publication.

Classified ads can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue.

Editorial content is edited, prepared and provided by 90th Space Wing Public Affairs of F. E. Warren Air Force Base, Wyo., of Air Force Space Command. All photographs are Air Force photographs unless otherwise indicated. Public Affairs reserves the right to edit content to conform to style and space requirements. Articles run on a space-available basis.

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Space Command Pioneers First Chatroom

Jenna McMullin
AFSPC Public Affairs

Though challenged by a few technical difficulties, the first chatroom hosted by AFSPC Commander General Lance W. Lord Feb. 6 was a foreshadowing of a new communication venue between the commander and AFSPC personnel.

"I like it, and I think we should do it as often as we can," Gen. Lord said. "Let's work on the technology and do it again."

From 11:15 to 11:45 a.m., AFSPC personnel worldwide were invited to join in a virtual meeting with Gen. Lord to ask him questions on force development and space professional issues. The chatroom was operated

via the Air Force Portal, using the Bantu Instant Messenger program. Users began logging in around 10:15 a.m., and by the time Gen. Lord logged in at 11:15 a.m. to begin the discussions, approximately 150 users were logged in.

Once the amount of users approached 200 in both the room where Gen. Lord was answering questions and the room where AFSPC personnel were posing questions, the server stopped responding, causing the program to freeze. Or, in non-technical terms, the chatroom began "booting" users. From approximately 11:30 a.m. on, it was impossible for Gen. Lord and most AFSPC users to communicate, limiting viewing and responding capabilities

during that time.

AFSPC logistics and communications personnel are working with the Air Force Chief of Information Office, Air Force Portal officials from Headquarters Standard Systems Group and the Bantu team to determine the system problems.

Due to the program difficulties, Gen. Lord was unable to officially conclude the chatroom session, leaving many participants wondering what happened. Gen. Lord did however say he did appreciate all the interest in the first chatroom and looks forward to the next session.

"As soon as the technical glitches get worked out, this is going to be something great," said Master Sgt. Juan Rocha, an

“
As soon as the technical glitches get worked out, this is going to be something great.”

—Master Sgt. Juan Rocha

information technology implementation manager with AFSPC who assisted in the set-up and design of the chatroom.

A transcript of questions Gen. Lord was able to answer will be available this week on the AFSPC Portal page and via AFSPC News Service.

Please direct feedback on the chatroom to the AFSPC Internal Information organizational mailbox: afspc.pai@peterson.af.mil.

SIMPLE, from Page 2

related incident or whether it was a failure in your own work center. When I drill down to the root cause of failures I see, I find we're not planning very well; when the plan changes we're not adjusting - we're forging ahead blindly; and when we don't have the knowledge of what we're supposed to do, we're doing what seems to be the right thing. Sometimes things are turning out just fine, but many times we're failing to meet our goals.

So how do we achieve what we set out to do? Well in my running case, the first thing I needed to realize was that I couldn't do it on my own. I had

to ask for help and I had to actually follow that advice. In the words of Henry Wadsworth Longfellow, "It takes less time to do a thing right than to explain why you did it wrong." My wife didn't have much sympathy for my excuses on my first two failed attempts at running a marathon. As a former marathoner herself, she's the one who finally got it through my head I needed to get some help. I listened to her and finished that marathon 17 minutes under my goal. Luck? Skill? No. Personal preparation - with great help from others - followed by execution. It's really pretty simple.

HOOPS, from Page 2

Flight Security Controller! And he overcame some past personal and professional adversity to show that anyone with the right attitude can turn things around. Totally HUAH!

Finally, let me mention some good news stories about our push for responsible drinking that goes beyond the positive trends of the past three weekends. These stories come from two colonel friends of mine. In the first, my friend was visiting the base late at night. After changing he wanted to unwind with a great burger at our Bowling Alley. He had a beer while his meal was being cooked and when his order arrived he asked for a second beer. The clerk told him that he doesn't serve more than one drink per hour just like our 0-0-1-3 policy says. Near as I can tell, no one directed

him to do this - he was just watching out for someone else. In my other story, a different friend was enjoying SnoFest but got a minor injury. While waiting at the hospital she struck up a conversation with an airman from our wing. When asked how things are at Warren, this airman gave my friend the entire responsible drinking pitch from memory. I don't know who this clerk or this airman are, but please accept my thanks for being great spokespersons and role models.

No column from me next week as I'll be researching Caribbean views on nuclear deterrence on a cruise. I'll let you know what they think. Until then, continue to charge hard and watch out for each other. Col. Hoops



Warren Announces 2003 Wing Annual Award Winners

Airman



Senior Airman Maria Adams
90th Medical Group

NCO



Staff Sgt. Teresa Mossoni
90th Operations Group

SNCO



Master Sgt. Yvonne Miller
90th Medical Group

CGO



Capt. Anne-Marie Contreras
90th Space Wing

First Sergeant



Master Sgt. Ron Navarra
90th Maintenance Group

Honor Guard Member



Senior Airman Scott Weimer
90th Maintenance Group

Cat I Civilian



Margaret McHenry
90th Medical Group

Cat II Civilian



Thomas Watson
90th Maintenance Group

6X5

Cat III Civilian



Christine Lysinger
90th Medical Group

Cat I NAF



Larry Sandman
90th Mission Support Group

Cat II NAF



Mandy Liley
90th Mission Support Group

Cat III NAF



Michael Bayerl
90th Mission Support Group

Cat IV NAF



Tod Hall
90th Mission Support Group

A General
Point of View

Col. Evan Hoapili, 90th Space Wing commander (Right) listens as Gen. Ed Eberhart, NORAD/U.S. Northern Command commander speaks at an Air Force Association luncheon Feb. 13 at the Hitching Post.



Photo by 2nd Lt. Darrick Lee

Have a story idea for the Warren Sentinel? Contact the public affairs office at 773-3381.

BRIEFS

Hip Hop Night Scheduled

An airman-only Hip Hop Night is scheduled for 8 p.m. to whenever, Saturday at the First Term Airmen's Center. The night will feature a live D.J., food and drinks. For more information, contact Airman 1st Class Theresia Guerrero at 773-3040.

CFD Tickets Available

Rodeo and night show tickets are now available at outdoor recreation.

For more information, call outdoor rec at 773-2988 or stop by 6205 15th Cavalry.

Gospel Extravaganza Scheduled

A gospel extravaganza is scheduled as part of Black History Month for 3 p.m., Sunday at the High Plains Chapel. Come and help celebrate through the gospel music of local

church choirs, college choirs and Visions of Praise - a group made up of Warren AFB/Cheyenne Community Gospel Choir members.

HAWC Offers Microfit Testing

Microfit testing is being offered to active duty, dependants, civilian employees and retired military. The testing includes blood pressure screening, flexibility, body composition and ergometry. The assessment time is approximately one and-a-half hours and you will receive a fitness score to help measure your fitness progress. For more information or to make an appointment, call the Health and Wellness Center at 773-4292.

AF Family Child Care Offers Subsidy Program

The Family Child Care Subsidy Program offers parents seeking full-time care at a reasonable cost. Providing affordable childcare for working par-

ents is a priority for Air Force Services, as well as the Warren Family Child Care Office.

Families eligible for the subsidy include those with children through five years of age, children with special needs, and children needing care during swing and mid-night shifts at installations with waiting lists for the child development center.

For family child care customers, this may reduce the childcare fees currently paid to home providers. All financial information is calculated within the family child care office. Providers should not be consulted about category status.

For more information, contact the family child care office at 773-3317.

Curbside Recycling Reminder

Glass and cardboard are not curbside recyclables. Curbside recyclables include newspapers, magazines, alu-

minum, tin and plastics #1 and #2s. As of October 2003, Warren no longer collects glass. The base is trying to find a market for the recycling of glass. For more information, contact Kim Mickley at 773-4357.

Tax Exemption For Military

Active duty members owning and living in mobile homes, who don't claim Wyoming as their state of residency, must file an affidavit of non-residency with the Laramie County Assessor's office by March 1 to be tax exempt. For more information, call 633-4307.

Circuit Training Offered

The Warren Health and Wellness Center is offering a 30-station exercise class from 3 to 4 p.m., each Tuesday and Thursday at the new gym.

It can be modified as to help beginners and advanced participants.

For more information, call the HAWC at 773-4292.

Scholarship Offered

First Command and the Officers' Spouses Club are now offering scholarships to seniors seeking financial assistance for college in Fall 2004. Scholarship packets may be picked up now at school guidance offices.

They must be completed and ready for pick up from school guidance counselors by March 31. For more information, contact Jan Ritter at 632-0256.

Student Aid Workshop Scheduled

A free Federal Student Aid Workshop will be from 10 to 11:30 a.m., March 3 at Building 841, Room 24. Participants will be assisted in the completion of the complicated FAFSA form to help obtain federal aid.

For more information or to register, call 773-2117.

The Times, They Are A-Changin'

1st Lt. Timothy Purcell
90th Operations Support Squadron

We all remember the old commercials on television about responsible drinking, "Friends Don't Let Friends Drive Drunk." Then there was the famous campaign, "Know When to Say When." At the time, these were fairly progressive ideas that challenged fundamental principles of America's social culture. Suddenly responsible drinking and not coincidentally, responsible driving, were at the forefront of national attention.

Fast forward to the year 2004. Our fellow brethren at Warren are not immune to alcohol related incidents. Such incidents not only include driving under the influence and underage drinking, but driving while impaired, drunk on duty and assault. All of these charges are serious, and as professional servicemen and women, we are expected to uphold a high level of maturity and responsibility while exercising sound judgment at all times. Failure to make the right decision even one time might negatively impact your Air Force career even when you "think" you are doing the right thing. The slogans of yesteryear don't take care of our Air Force community any longer. New ones, like ours at the 90th Space Wing, 0-0-1-3, are now guide points.

I nearly learned the hard way just how critical any drinking can be on ones career. A few weeks ago on a Saturday night, a good friend of mine invited me to join his family at a local restaurant for dinner. Since I didn't have plans that night, I decided to meet them for a relaxing meal, watch college basketball and perhaps shoot pool. His family wanted to leave early, so I decided I would drive us home because I only intended to have one or two drinks. If I had more than two, we would call a taxicab. After enjoying a beer with my meal, I later decided to order a small mixed drink that I sipped while playing pool. These were the only two drinks I consumed over a three-hour period. I drank water during the fourth hour to offset any ill effects caused by the alcohol. Coming from a guy who survived four years at a major state university, numerous road-trips, tailgate parties all over the country, more concerts than I can count and a week in Ireland, I'm the first person to tell you, two drinks in a four hour period should have little affect on an adult. It's certainly within the legal limits to drive

home. The fact is, my buddy and I talked about calling a cab anyway, but I felt I had absolutely no reason to be concerned about driving. We even talked about 0-0-1-3 and heightened alcohol awareness on base. Still, I was not the least bit concerned.

As we approached the front gate late that Saturday evening, without hesitation the guard politely asked me to step out of the car and into the guard shack. Within minutes, the guard shack was full of security police, and I was participating in a field sobriety test. Despite being totally confident I had nothing to worry about, I was terrified. They administered a Breathalyzer and transported me to the security forces building for another Breathalyzer. When the whole ordeal was over, I was free to go after they contacted my squadron commander. However, since I had alcohol in my system, I was not allowed to drive home. They finally told me the second breathalyzer indicated my blood alcohol content was 0.049. If you're like me, that sounds reasonably low considering the legal limit in most states, including Wyoming, is 0.08. What I didn't know is in Wyoming, you can be charged with driving while impaired with a BAC of 0.05. Everyone knows the legal limit for a DUI, but I later discovered most of my peers had never heard of a DWI either. Even though a DUI is far more severe, in the eyes of the Air Force, a DWI is still an alcohol related incident that holds serious consequences. I was a mere 0.001 from Warren's next alcohol related incident.

The simple lesson here is if you consume one alcoholic drink, you have no business getting behind the wheel. The standard we are expected to uphold is not to drink and drive while under the influence or impaired by alcohol, which contribute to alcohol related incidents, and if you fail to comply, you may find yourself in my situation. Even though I did absolutely nothing



Photo by Airman Tessa Cubbon

wrong legally, I must now live with doubt, suspicion, and disappointment from my peers and supervisors. Realize this does not mean you can't go out and have a few drinks on the weekend. I'm simply saying that responsible drinking has now taken on a new meaning. First and foremost, always have a plan on how to get home. That means someone who had absolutely nothing to drink should be the designated driver. If your driver has a drink, call a friend, coworker or a taxicab for a ride home.

My hope in writing this article is to inform people how serious this issue truly is. We all need to play a more active role in ensuring the safety of those with whom we serve.

Don't let them get behind the wheel if you know they had even one drink. Supervisors, engage your troops to find out what their plans are for the weekend or while on leave. Express your willingness to pick them up if they ever need a ride home. I think the great Bob Dylan summed it up best when he sang, "You'd better start swimming or you'll sink like a stone, for the times, they are a-changin'."

Warren Youth Ballers Take to the Hard Court



Photos by Airman 1st Class Lauren Hasinger



*Have a Child Interested
in Youth Sports
Activities?*

Contact Chuck Finney, Youth
Sports director, at 773-2564.



U.S. AIR FORCE BRIEFS

Sexual Assault Review Panel Visiting Sheppard

RANDOLPH AIR FORCE BASE, Texas — A cross-functional review panel is examining reports of sexual assault by students at Sheppard Air Force Base, Texas.

Gen. Donald G. Cook, commander of Air Education and Training Command, selected Col. K.C. McClain, AETC deputy director of operations for technical training, to lead the panel's review of the situation at the 82nd Training Wing.

Air Force Announces OTS Selections

RANDOLPH AIR FORCE BASE, Texas — Air Force officials selected 84 enlisted airmen to trade in their stripes for gold bars choosing them to attend Officer Training School, officials announced Wednesday.

OTS Selection Board 0403, which met Jan. 13 to 16, considered 396 applications. The board selected 263 people, including the 84 airmen, for a 66-percent selection rate.

Fire at Hill AFB

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — No one was injured when an out-of-control turkey fryer recently caused a base housing fire at Hill Air Force Base, Utah, but the blaze resulted in an estimated \$120,000 worth of damage.

Patrick Vega, assistant base fire chief at Hill, deemed the housing unit where the fire originated a total loss. He said the fire caused light to moderate smoke damage to the adjacent duplex unit.

Tech. Sgt. Brian Davidson
*455th Expeditionary
Operations Group
Public Affairs*

BAGRAM AIR BASE, Afghanistan — Civil engineers from the 455th Expeditionary Operations Group are turning what was once a crumbling symbol of oppression into a military airfield that supports operations aimed at eliminating terrorists.

In 1955, the Soviet Union promised \$100 million to Afghanistan. Part of that money was to be used for a new strategic air base near the capital city of Kabul. That base is Bagram.

The base became the primary Soviet airfield during the 1980s, and was built to support countless Cold War fixed- and rotary-wing aircraft.

Almost 50 years after construction began at Bagram Air Base, and more than 30 years after the existing flightline was built, war, weather, time and shoddy construction have taken their toll.

Working in the shadow of the Hindu Kush Mountains, engineers are currently expanding parking for A-10 Thunderbolt IIs.

As recently as 1997, Bagram was under the control of the Taliban. Now, working amidst combat aircraft operations, the engineers are doing their part to bring about the demise of oppression in Afghanistan.

The current phase of construction includes 10,000 square feet of additional cargo ramp space and 90,000 square feet of space for combat aircraft.

"Bagram is littered with thousands of unexploded mines



Photo by Tech. Sgt. Brian Davidson
Airmen with the 455th Expeditionary Civil Engineer Squadron spread concrete to expand the combat aircraft ramp here. The airmen are deployed from Travis Air Force Base, Calif., and supporting Operation Enduring Freedom.

and other ordnance, and we have to keep a sharp eye out for these dangers as we prepare the ground," said Staff Sgt. Dale Murray, a 455th EOG pavement and equipment journeyman deployed from Andersen Air Force Base, Guam. "The project will ultimately make a difference for the safety and security of the aircraft."

The engineers are also responsible for building all concrete forms and making sure the construction meets Air Force standards.

"Our first challenge with the project was limited equipment and supplies. We even had to make our elevations shots the old fashioned way, using a string line and level," said Staff Sgt. Wesley Jones, the 455th EOG airfield ramp project leader who is deployed from Travis AFB, Calif. "I'm particularly proud of how our electricians, structures troops, engineer assistants and supply folks are all working together to get the job done."

The engineers' work has a

positive impact on all aircraft operations, including maintenance activities.

"The flightline expansion helps tremendously with the upkeep of the jets," said Senior Airman Jeffrey Skaggs, a 455th Expeditionary Fighter Squadron A-10 crew chief deployed from Davis-Monthan AFB, Ariz. "The turns required to marshal the jets on the current ramp cause the tires to wear much faster than normal. The new ramp will enable the aircraft to depart on a straight path to the arming area."

This means alert aircraft can be launched faster, and support ground forces sooner.

"Every slab of concrete our engineers pour is like a tombstone for the people who threaten the stability and development of Afghanistan," said Col. D. Lee Hall Jr., the 455th EOG commander who is deployed from Hill AFB, Utah. "The airfield project is paving the way to the end of the road for Osama bin Laden."

MMXS OIC Grateful for Trailblazers

In honor of Black History Month, Airman 1st Class Lauren Hasinger interviewed the man who played Dr. Martin Luther King, Jr. in Master Sgt. Rob Palos' play "The Sitting Place" last month: 1st Lt. Norman Carpenter, 90th Missile Maintenance Squadron OIC periodic maintenance. They discussed the famous man he portrayed, chess and walking on the moon.

Describe your job.

I supervise the periodic maintenance schedule for the maintenance operation facility as well as the launch facility. We maintain the Environmental Control System, batteries and generators.

What is your favorite part?

The people. There's just a really diverse group of people from all different places and with all different experience. They all bring something to the table.

How long do you plan on staying in?

As long as the Air Force will have me or until it ceases to be as fun as it is today.

You were Martin Luther King, Jr. in Sgt. Palos' play "The Sitting Place."

What was it like to play such an icon?

It was fun. I read a lot and listened to his speeches. I was always aware of his role in the development of the U.S. Until you listen to him speak, you don't see it. I was happy to do it. I hope I did him justice.

How has Dr. King influenced you?

He's influenced me in many different ways; the greatest was his level of tolerance and patience. If you look at what he was promoting he had an extreme amount of patience. When things go wrong, I just think that it's not really that bad and try to have a positive attitude. That's what I admire about Martin Luther King, his positive attitude, his patience and tolerance.

Why is it important to celebrate Black History Month?

It serves as a time to acknowledge the significant role played by African Americans in the development of the country. They're worthy of being noted. It's important to everyone, not just African Americans, to realize it. If it weren't for some of those people like Martin Luther King, the Buffalo Soldiers and the Tuskegee Airmen I wouldn't be where I am today.

Who is your hero?

I have heroes on different levels. Professionally my hero is Benjamin O. Davis, the first African American four star general in the military. Personally my hero would have to be my mom. She raised five kids and we all turned out pretty well. She raised us with the type of values that I think kids should be raised.

What's something the people you work with would be surprised to know about you?

I wear my feelings on my sleeve. You get what you get from me. There's nothing they wouldn't be surprised to know. I do spend hours upon hours during the weekends playing chess.

If you could experience any moment in history, what would it be?

I'd like to have seen when man first walked on the moon. When you think about it, it's amazing. One hundred years ago it wasn't even a thought, but it happened as amazing as it was.

Where are you originally from?

I'm a military brat. I was born in Virginia Beach, Va. My dad was in the Navy there. I call Oklahoma home.

What was the last movie you saw in the theater?

"Pirates of the Caribbean." That was one of the best comedies I've seen in a long time. Johnny Depp is a phenomenal actor.

Do you think you'll take another stab at acting?

Yeah, it'd be fun. I took an acting class in college. Before I declared a major I thought I might be an actor.

In your opinion, what's the great-



est book ever written?

The Bible. My favorite book that I can read over and over again is "The Chronicles of Sherlock Holmes" by Sir Conan Arthur Doyle.

What's the biggest honor you've ever had?

When my wife said she would marry me. I think it was because I knew the kids were coming. I knew I was going to get commissioned, but I didn't know she'd say yes. I was in Vandenberg and we were apart for a year so I didn't know, but she said yes and we were married at the end of 2001.

How many children do you have?

I have two children, Victoria Elizabeth who's 19 months and Norman Jr. who's 7 months.

What's the best thing about being a dad?

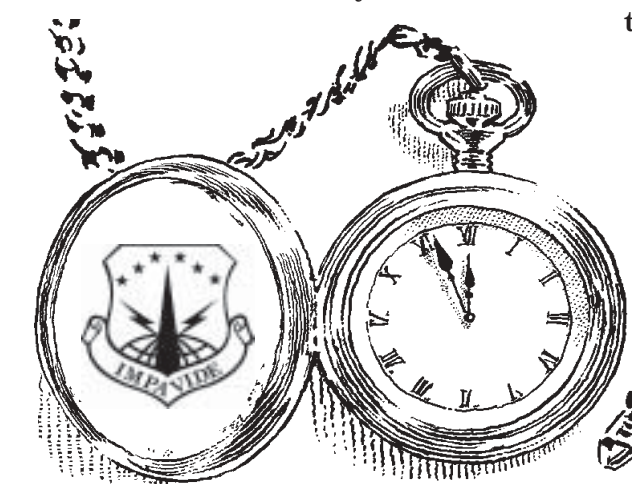
The best thing about being a dad is coming home to hugs and kisses.

When you were kid, what did you want to be when you grew up?

A criminal defense lawyer. I watched a lot of Matlock. I have a year and a half of law school completed.

What's your life's motto?

Do unto others as you would have done unto you. If you live like that you can never go wrong.



Q - I was honorably discharged from the Air Force on Dec. 14, 1962. I have recently retired and am in the process of returning to Cheyenne for permanent domicile. Can I expect to qualify to use the base facilities (i.e. racquetball courts, BX, gasoline station, etc.?) Your help in the matter would be appreciated.

A - I tell you what, you sure came to the right place! I talked with Master Sgt. Martin Patterson over at the MPF. He said it all depends on if you are an ID card holder. If you retired from the Air Force in 1962, whether medically or after your 20-year-service you most certainly can access the base. The cool thing about Warren is our commander allows retired members to use the dining facility (not too many other bases can say that!) If you separated, I'm sorry to say that there are no base privileges that come along with that, however you do have Veteran's Affairs benefits and can arrange for a VA ID card if you don't have one.
e-mail Lauren Beth at lauren.hasinger@warren.af.mil

Ask Lauren Beth



If she doesn't know the answer, there isn't one.

Give me Your Two Cents

What do you miss most about Summer?



"I miss the outdoor concerts."
— Airman John Rajotte,
90 COMM



"I don't like summer. I like the snow."
— Airman 1st Class
Kimberly Williams,
90 MSFS



"Being back home with my buddies."
— Airman 1st Class
Luke Frazier,
90 MSFS

Where On Warren?



**Take a swing, I'm sure you'll know
This is where the grass grows
Whether you prefer coffee or tee
This is where you can relax, see!**

Congrats to Sanford Sacco, 90th Security Forces Squadron, who knew

Think you know the answer? Be the first to send an e-mail to sentinel@warren.af.mil with the correct building's address and you'll win a coupon book from Services.

Disclaimer: While we research the questions, the answer could be just about anything. Poor, misleading and multiple answer questions are par for the course. PA staff, museum staff, group and base commanders are excluded from playing. If you've won in the past three months, please let someone else win.



Wasabi!!!

Capt. John Shirley, 90th MDSS, shows off his Wasabi Feb. 13 at the HAWC's Healthy Cooking class. Capt. Shirley was the guest chef who taught students how to make sushi. Students got to consume all the sushi they could. The next class, which features a currently top-secret menu, will be Mar. 12. To register, call the HAWC at 773-4292.